

Your personalised Shopping List from



1click2cook will provide you with a personalised weekly shopping list.

When you set up your original shopping list, add the items you would usually buy (e.g. toilet roll, milk, eggs) then when you select your recipes 1click2cook will generate your shopping list with the items you need for that week's recipes, along with all your usual items.

You can either generate a quick list for copying and pasting into a shopping website or print your list and take to the supermarket, we even split the list into shopping aisles for you.

1 list – all in only 1 click!

See an example shopping list on the next page:

Recipes selected on 08-Apr-2010 10:01:18

Smoked salmon, with asparagus & pasta
with granary bread

Chicken tagine
with small new potato and fresh broccoli

Susie's Quick Cashew Nut Roast....
with baking potato and fresh french beans

Oriental beef with noodles
with users own choice noodles

Bakery

granary bread	1 x loaf
white bread	1 x loaf

Beers/Wines/Spirits

Wine	1 bottle
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Fruit/Vegetable/Salad

baking potato	2 small
fresh asparagus	275 g
fresh broccoli	200 g
fresh carrot	2
fresh chilli	1
fresh french beans	200 g
fresh ginger	1 tsp
fresh parsley flat green	0.5 tbsp
pak choi	1 x 200g pack
red onion	1 small
shallots`	1 bag
small new potato	200 g
tomatoes	1 pack

Health and Beauty

toothpaste	1
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Hot Drinks

tea	1
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Household Goods

toilet roll	1
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Kitchen Cupboard

cashew nuts	1 x 100g bag
ground black pepper	1 x 33g jar
ground tumeric	1 x 31g bottle
kitchen roll	1
runny honey	1 x 340g jar
salt	1 x 750g jar
tamarind concentrate	1 x 100ml bottle
tinned water chestnuts	1 x 200g tin
user's choice stuffing	1 x 85g box
vegetable stock	2 x 250ml cube

Meat/Fish/Poultry

fresh smoked salmon pieces	150 g
rump steak beef	330 g
thighs of chicken	4 medium

Milk/Dairy/Eggs

creme fraiche	1 x 200ml
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Pasta and Rice

dried fusilli pasta	1 x 500g pkt
users own choice noodles	1 x 375g pack

Pets

Jess food	1
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Sauces/Oils/Dressings

sunflower oil	1 x 500 ml bottle
virgin olive oil	1 x .5 ltr bottle